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News on the Move

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Eradicating Poverty

To mark the United Nations' International Day for the Eradication of Poverty this Monday, Metro Canada is taking a look at how Canadians are fighting poverty and making ends meet.

- Today

We look at the local face of poverty and ask Vancouverites how they think we can eradicate poverty.
Word on the street, page 8.

- Tomorrow

We introduce you to a local resident who is living in poverty because of the recession.

- Friday

Metro looks at how local agencies are trying to help those who are living below — and above — the poverty line.

- Online

Metro Canada wants to hear your ideas on how we can eradicate poverty and learn about how the issue is facing your community. Go to metronews.ca to share your views, tell your story, or upload a picture.

Workology pg 13

Tips from the Dragons' Den

On the web
Visit metronews.ca for news updates

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vancouverletters@metronews.ca

KRISTEN THOMPSON/METRO VANCOUVER

Colleen Boudreau cuddles with her five-year-old daughter, Daeshawna, in their apartment on East Cordova Street. Boudreau says she feels trapped in the Downtown Eastside because it's the only neighbourhood she can afford to live in.

Living in poverty

13% of British Columbians live in impoverished conditions

KRISTEN THOMPSON
kristen.thompson@metronews.ca

Colleen Boudreau lies awake at night worrying not about her mortgage or car payments, but how she's going to put food in her five-year-old daughter's belly or clothes on her back.

She earns around $1,500 a month on disability welfare, which leaves her — at best — $50 after bills, she said.

"Sometimes I fear I can't properly support my own daughter," said Boudreau, who lives in a subsidized housing unit in the Downtown Eastside and is moving this week to nearby Strathcona.

She said it would "take a lifetime" to save the money to visit family back East, and little things like hockey and ballet lessons are out of the question.

"The stress of that makes you tired," she said.

Boudreau is one of 500,000 British Columbians — or 13 per cent of the population — living in poverty, which in Vancouver equates to an hourly income of around $16 or less, according to a report published by the Canadian Centre For Policy Alternatives.

Boudreau says she can't afford to survive outside the DTES.

"If you try to (move) … it's even worse because it's a reminder of what you can't have, or what you will not be, or that you don't fit in."

"I can't get out of the cycle of poverty, I am stuck in it for life," said Boudreau.

Deborah Irvine, vice president of Community Impact and Investments with the United Way in Vancouver, said the issues surrounding poverty are complex, but have to do with access to nutritious food, affordable and safe housing, and an ability to budget.

"I think there's a tendency for people to blame (those) who are poor and to look at it as a sort of never ending continuum … Even in poor neighbourhoods there are rich community assets," she said.

Irvine said giving at-risk kids support and stability will help end the cycle of poverty by giving them "a strong start."

WITH FILES FROM STIG NIELSEN

Plight of children

- The United Nations' Day For The Eradication Of Poverty takes place on Oct. 19, and is focusing this year on the plight of children in poverty.
- B.C. has the highest rate of poverty in Canada, and has had the highest child poverty rate five years running, according to the United Way.

Eradicating Poverty

Volunteers' Games uniforms unveiled

2010 The official uniforms for staff and volunteers at the 2010 Games were unveiled in Vancouver yesterday, and have been designed to be worn during the Olympic and Paralympic Games.

The bright blue winter jackets, which were created by The Hudson's Bay Company, have the Olympic rings on the back. A Paralympic patch can snap over top of the Rings, turning it into a uniform for the Paralympic Games.

On the front of the jacket, a Velcro and rubber patch allows for the 2010 Olympic emblem to be switched out for the Paralympic emblem.

The roughly 30,000 members of the workforce will also be decked out with navy mountain pants, a toque, two long-sleeve T-shirts and a vest.

"Designing a workforce uniform for the Winter Games is a tough task," said John Furlong, VANOC's CEO.

"They need to be functional and warm with lots of layers for working in all types of weather and they need to be stylish."

KRISTEN THOMPSON/
METRO VANCOUVER

PHOTO SUBMITTED

Models show off the official volunteer uniforms for 2010.

Free Daily News Group Inc., operating as Metro Vancouver Newspapers 1190 Homer Street, Suite 250, Vancouver, B.C. V6B 2X6. Publisher: Maryse Lalonde

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Local

Winning chef off to Whistler

Dave Levey, left, has snagged the coveted job as head chef at Araxi Restaurant in Whistler. The winner of the sixth season of Hell's Kitchen was unveiled at the end of the show's two-hour season finale last night.

METRO VANCOUVER

METRO INTERNATIONAL NEWSPAPER OF THE YEAR 2009 Festival of Media Awards

News in brief

CORRECTION The 26-year-old man set on fire while he slept outside after a night of drinking is not homeless. Metro regrets the error.

ASSAULT A man has been charged with aggravated assault for not telling his sexual partner that he is HIV positive. According to New West police, Jose Fuentes (Pepe) Gonzales, 21, knew of his condition when he had unprotected sex.

THEFT An Air Canada plane was forced to divert to Kelowna after a man stole beer. Police say the man stole some beer from the beverage cart on the plane and tried to hide the evidence by flushing the empty can down the toilet.

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Cause of Coal Harbour boat blaze a mystery

FIRE The exact cause of a two-alarm blaze that damaged at least four luxury boats in Coal Harbour — while not suspicious — is still unclear, fire officials said yesterday afternoon.

"We're not really sure how it started," said Vancouver Fire Battalion Chief Howard Brown.

"It extended quickly to two other boats and damaged a fourth."

The boat where the fire started has been put on drydock and fire investigators hope to get a better idea of what caused the blaze within the next day, Vancouver fire Capt. Gabe Roder said.

A huge plume of thick, black smoke could be seen hovering over downtown Vancouver as some 40 firefighters worked quickly to put out the fire at around 9 a.m yesterday.

The boats, made out of fibreglass, produce acrid, carcinogenic smoke when on fire, Brown said.

The boats were docked at Bayshore West Marina's 40-foot slips. Joe Johnston, a yacht broker with M&P Mercury Sales, identified two of the boats as Sea Rays, which are worth about $700,000 apiece.

Brown credited fire crews for acting quickly to contain the blaze before it spread further.

"It was a tough fire. It's a boat-based fire and we're fighting from land," he said.

No injuries were reported.

Crews remained on scene late into the morning to clean up spot fires and attend to the still-smoking remains of the gutted boats.

KIMBERLY SHEARON/ FOR METRO VANCOUVER

JONATHAN HAYWARD/THE CANADIAN PRESS

Vancouver fire crews hose down three boats that caught fire at the Coal Harbour Marina yesterday.

m.metronews.ca

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Suzuki nabs 'Alternative Nobel' for environmental work

AWARD Canadian environmentalist David Suzuki says he is proud to receive an "Alternative Nobel" prize announced yesterday, but humiliated that Canada has become an international pariah when it comes to climate change.

Suzuki received the honorary award from the Right Livelihood Foundation for his work to raise awareness about environmental issues. He said the award is a recognition of how important the issue has become.

David Suzuki

"It's, at the same time, very, very embarrassing that my country has been going backwards in terms of addressing the issue of climate change," Suzuki said.

According to him, Prime Minister Stephen Harper has failed to acknowledge that climate change is a serious issue, and that Canada must act. THE CANADIAN PRESS

Current project

- David Suzuki, 73, is currently working on a film about climate change.

Arrests made in student's death

Two men await trial in China

JEFF HODSON
jeff.hodson@metronews.ca

Police in China have arrested the boyfriend of Amanda Wei Zhao, a 21-year-old English-language student who was murdered seven years ago and whose body was discovered in a duffle bag north of Mission.

Ang Li and his cousin Han Zhang were arrested by Chinese police this summer and are awaiting trial, Jenny Kwan, NDP MLA for Vancouver-Mount Pleasant, said yesterday.

Neither is expected to be extradited to Canada and Li will not face the death penalty if he is convicted, she added.

"Nothing will bring Amanda Zhao back for the family, their only daughter," said Kwan, who was informed of the arrests by Zhao's family on Oct. 3.

"I am happy for the family that that is finally — I hope — some closure for them. Their day in court is very important."

Zhao came to Vancouver to study English and shared a Burnaby apartment with her boyfriend and his cousin.

She disappeared on Oct. 9, 2002, and her body was discovered by hikers near Stave Lake on Oct. 20. Li fled to China three days later.

Kwan and Mike Farnworth, NDP MLA for Port Coquitlam, sponsored a visit by Zhao's family in September 2008 to meet with politicians and RCMP.

Afterwards, RCMP Supt. Dick Bent travelled to China to meet with officials. In mid-January, Chinese investigators came to Canada to review the RCMP's case. Li was arrested in June; Zhang in July.

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Find out why bad design is a sin
Colin and Justin from HGTV's Colin & Justin's Home Heist will appear at The West Coast Women's Show to discuss why "bad design is a sin." The show runs Oct. 23-25. METRO VANCOUVER

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Iggy touts clean power on Vancouver visit

JEFF HODSON
jeff.hodson@metronews.ca

Federal Liberal Leader Michael Ignatieff promised yesterday to make the largest investment in clean power in the country's history.

Speaking at a Vancouver Board of Trade luncheon, Ignatieff offered a sketch of what he called the "heart of our next platform."

"Energy efficiency and clean power helps our economy to be more productive," said Ignatieff. "It makes us more efficient and gives us something to sell ... this is not marginal to an economic strategy, this is a key piece of it for us."

Ignatieff's plan calls for investment in clean energy research and development; building "smart grid" infrastructure and helping families become more energy-efficient. It also involves having the federal government set an example as the country's largest employer and landlord.

He did not offer a cost, but said a costed plan would be included in the party's election platform.

Andrew Saxton, Conservative MP for North Vancouver, said the plan was proof that Liberals are out of touch with Canadians, whose priorities, he added, are crime and the economy.

JEFF HODSON/METRO VANCOUVER
Liberal Leader Michael Ignatieff at the Hyatt Regency yesterday.

News in brief

BRAIDWOOD The maker of the Taser says the device did not cause the death of Robert Dziekanski. Taser International told the Braidwood Inquiry that scientific research on sudden death during restraint excludes it as a cause of death.

SCAM Richmond RCMP are warning the public to beware of a lottery scam where people ask for help cashing a winning ticket because they are not Canadian residents.

METRO NEWS SERVICES

Harper pledges $50M for port improvements

KIMBERLY SHEARON
for Metro Vancouver

Transport Canada will chip in nearly $50 million to improve rail and road traffic in and out of the Port of Vancouver, Prime Minister Stephen Harper announced in Vancouver yesterday.

"These improvements along Burrard Inlet will create jobs for Canadians and increase the efficiency of Canada's Pacific Gateway, ensuring that we are well-positioned to meet the needs of our trading agreements," Harper said. The $125-million project, funded in partnership with Port Metro Vancouver, the City of Vancouver, Canadian Pacific Railway and Canadian National, will upgrade infrastructure along Powell and Stewart Streets.

Harper was in Vancouver for a brief visit that also included a closed-door meeting with the city's multicultural leaders.

UBC students' moon-rock-digging robot headed to California
A moon dust-digging robot made by University of B.C. students is competing in NASA robotics competition in California next week. The robot, which easily contains at least 3,000 hours of work, will compete against others to prove its agility in excavating moon rock. THE CANADIAN PRESS

Father told wife he murdered kids, court hears

The father of three murdered children admitted to killing them in a secretly recorded jail-house interview.

Allan Schoenborn confessed two months after their mother, Darcie Clarke, found the bodies of Cordon, 5, Max, 8, and Kaitlynne, 10.

Schoenborn thought he was telling only his former common-law wife, but she had agreed to tape the conversation for police.

"I thought they were being molested," he explained. When Clarke asked why he couldn't have just walked away, he replied that he couldn't because they were in trouble.

"I thought it was going to go quick," he said referring to the children's deaths.

"It didn't go quick. It's not like I knew what I was doing."

Clarke, a petite, 38-year-old blonde dressed in a black suit, was composed through most her testimony.

But she sobbed uncontrollably as she spoke of walking into the family's trailer home to find her boys lying on the couch and thought it was odd that both would be napping. "I looked closer. They weren't alive."

Schoenborn is on trial on three counts of first-degree murder.

THE CANADIAN PRESS

Kembo profited from victims' stolen identities, say prosecutors

MURDER TRIAL Prosecutors allege that a man on trial in B.C. for four counts of first-degree murder killed in order to profit financially from the stolen identities of his victims.

Charles Kembo is accused of killing his wife, step-daughter, girlfriend and business partner over a period of more than two years, starting in late 2002.

Crown attorney Jennifer Oulton told the court that the accused obtained credit cards, bank accounts, companies and a life insurance policy totalling hundreds of thousands of dollars.

Kembo, a government-sponsored refugee from Malawi who arrived in Canada in 1989, was arrested shortly after the body of the fourth victim, his step-daughter, was found in Richmond, B.C., in July 2005.

Oulton told the jury that Kembo's wife's body has never been found.

THE CANADIAN PRESS

News in brief

PLAYBOY Talent scouts for Playboy are in Vancouver today, wrapping up a two-day search for the magazine's next supermodel. Hopefuls were given a photo shoot at a cost of $19.95 to $59.95, depending on whether or not they wanted copies of their photos.

AWARD The B.C. town of Gibsons was named the world's most liveable community with a population of less than 20,000 yesterday.

WEAPONS Around seven people were arrested in New Westminster yesterday after heavily armed police officers surrounded a home on 4th Avenue between 10th and 11th streets, news1130.com reports. Police said the officers were executing a search warrant for weapons offences.

MISSING TEEN The RCMP in Surrey are asking for help finding a missing 17-year-old boy, Ryan Mathew Ullattikulam, who disappeared from his family's Surrey home on Oct. 12.

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Security threats a small fraction of deportees

Canada has booted close to 19,000 foreign criminals and security threats from the country in the last decade. Figures from the Canada Border Services Agency show those cases represent only a small fraction — 16 per cent — of all deportations from the country. THE CANADIAN PRESS

Canada

Young would-be mayor fights on

The 19-year-old who was briefly declared Canada's youngest-ever mayor says his fight to lead Paradise, N.L., isn't over. Kurtis Coombs vowed yesterday to take his case to Newfoundland and Labrador Supreme Court after a judicial recount confirmed another tie in the vote that was swiftly deemed a contentious victory for incumbent Ralph Wiseman because of an earlier tiebreaker.

THE CANADIAN PRESS

Girl not confined to floor: Lawyer

COURTS A five-year-old girl who spent days and nights on the unheated, filthy concrete floor of her family's home was not confined there, a lawyer suggested yesterday to the Manitoba Court of Appeal.

Phoenix Sinclair may instead have voluntarily stayed in the basement to avoid the beatings, chokings and other abuse she often suffered at the hands of her mother and mother's boyfriend, Mike Cook said.

"There is some doubt as to whether the parents forced her down there," Cook said. "Perhaps she liked to be away from them." THE CANADIAN PRESS

News in brief

TESTS Police say a woman whose body was found in a Calgary home along with three dead newborns gave birth to a healthy child in hospital in late 2005. Police are waiting for DNA tests to find out whether that baby was among the infants found dead last week. He says testing should also reveal whether the babies are related to each other, to the woman or to her husband.

CRASH The same model of helicopter involved in a fatal crash off Newfoundland this year is under scrutiny by an engineering team in the U.K. due to cracks. THE CANADIAN PRESS

Montreal **Feeling flu fears**

RYAN REMIORZ/THE CANADIAN PRESS

Andre Leroux, chief executive of Noveko International, shows one of the firm's masks at their headquarters yesterday in Montreal. The company, which specializes in anti-microbial masks, filters and hand sanitizers, is seeing a dramatic increase in business due to fears of the H1N1 virus.

Rising Canadian dollar troubles PM

MONEY Stephen Harper says he's concerned about the rapid rise of the Canadian dollar.

The prime minister says the recent strength in the loonie poses a risk to the pace of economic recovery, although he doesn't believe it could choke off the rebound altogether.

Speaking in Vancouver, Harper said the Bank of Canada has the ultimate responsibility for the dollar, but Harper gave no advice on what the bank should do.

The loonie has risen about three cents against the American dollar to about 97 cents US in the past week, and it's expected to hit parity soon.

Harper says one of the reasons for the strength is the relative health of the Canadian economy, which he says is superior to virtually every other industrialized country.

A strong loonie, however, has the effect of making Canadian exports more expensive. THE CANADIAN PRESS

MORE COVERAGE, PAGE 10

U.S. troops to head hospital

Canadians to transfer control of health facility in Kandahar

The big red letters on the large white sign at Kandahar Airfield's Canadian-run Role 3 Multinational Hospital say it best: The Best Care Anywhere.

As of Thursday, it will require a footnote — Under New Management.

After three busy, challenging years under the guidance of Canadian doctors and soldiers, the Role 3 — the health-care hub of the major military headquarters in southern Afghanistan — is being turned over to the Americans, whose numbers at KAF are growing by the day.

Canada originally agreed to take responsibility for the facility for one year, but that agreement stretched into two years, and then three. Now, with massive U.S. reinforcements on hand, the time is right to hand over control of the facility.

There will likely be a tear or two in the eyes of the Canadian personnel who cared for the ramshackle facility for so long — particularly Col. Danielle Savard, the career soldier and trained pharmacist who has served as the hospital's director.

"I am proud. It was our time to shine."
Col. Danielle Savard

"I am proud," said Savard, the first and only woman to run the facility. "It was our time to shine, and we've been shining all the way, and all that because of the incredible team that we had in place."

The official handover ceremony takes place tomorrow, after which most of the current Canadian staff will be heading back to Canada following their six-month tour.

The effort in recent months to train U.S. personnel has been something of a challenge thanks to the fact that the incoming contingent includes American navy personnel, Savard added. THE CANADIAN PRESS

Helping people with disabilities save for the future

The Government of Canada has now made available the **Registered Disability Savings Plan** (RDSP) to help people with disabilities, under 60 years of age, who are eligible for the Disability Tax Credit.

A matching **Canada Disability Savings Grant** of up to $3,500 per year will be paid on eligible contributions made to an RDSP.

The Government of Canada will also contribute a **Canada Disability Savings Bond** of up to $1,000 per year to the RDSPs of eligible low- and modest-income Canadians, even if no contribution is made.

For more information on eligibility:
Go to **www.disabilitysavings.gc.ca**
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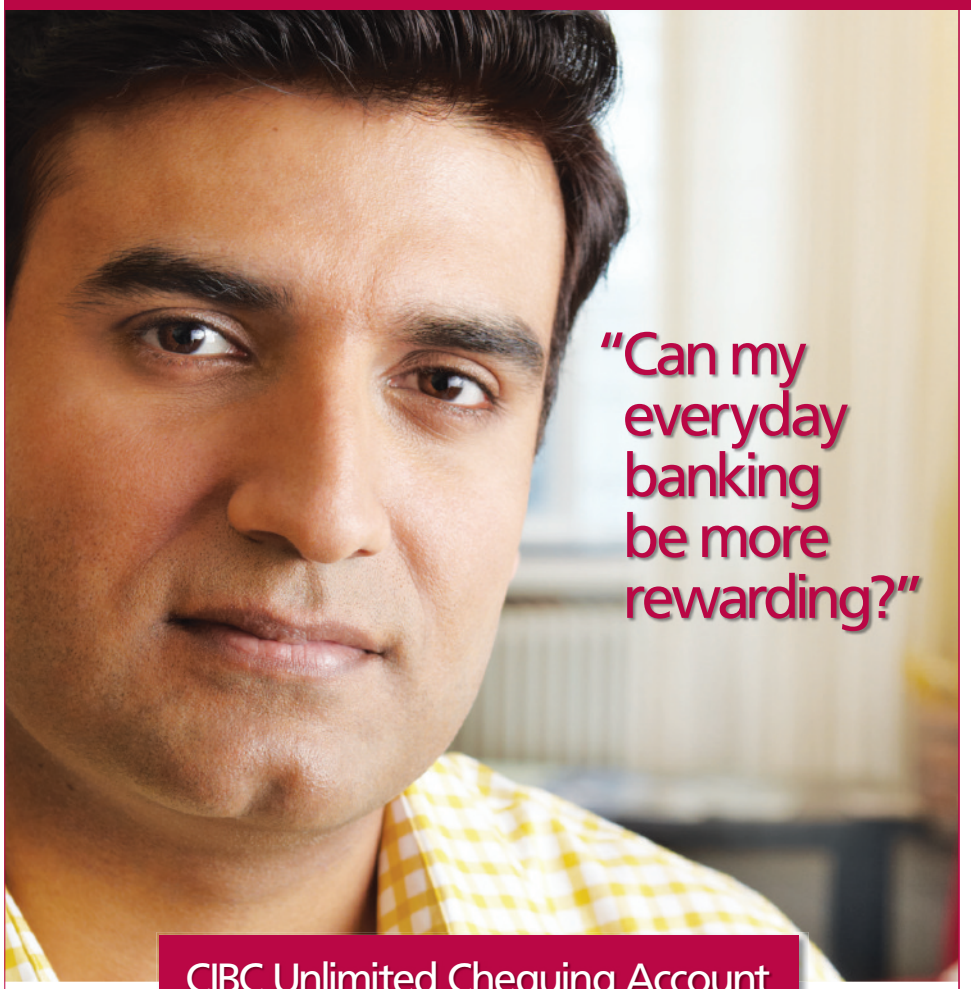

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Comment

Even in peace, controversy reigns

TheWestView

Barack Obama can be forgiven for feeling a little confused these days.

He gets the Nobel Peace Prize and by the reaction, you'd think he was some governor caught philandering when he was supposed to be out hiking the Appalachian Trail.

He should never have answered the phone. Or get Michelle to answer it: "Sorry, what kind of name is that? Nobody here by that name."

I'm just relieved they didn't give it to me. Fortunately, I've undertaken no "extraordinary efforts to strengthen international diplomacy and co-operation between peoples," so they gave it to him instead.

So now he's the Pināta in Chief. Everybody is out to take a whack. I mean it's OK if Yasser Arafat or Henry Kissinger gets the Peace Prize, but Barack Obama? What are they smoking in Oslo? Kippered herring?

From the Taliban to Thomas Friedman, the peanut gallery is in anaphylactic shock. The problem appears to be that Obama has yet to establish peace on Earth. It's not enough to be in favour of it; dammit, you've got to make it happen. Who cares that he's pledged to restore sweet reason to U.S. diplomacy, close Guantanamo, restore the legitimacy of the UN, strive to address climate change, work for a nuke-free world and try to talk sense with insane, evil warmongers like Mahmoud Ahmadinejad and Kim Jong Il? Like, what has he really done, anyway?

Maybe, like Kissinger, he should demonstrate his peacemaking prowess and bomb Cambodia. Surely that would appease his critics.

Or, like Arafat, pretend to negotiate with the Israelis while spending the money earmarked for Palestinian relief on secret arms shipments.

The list of other, more deserving recipients demonstrates what a travesty this is. How will Obama ever compare with peace-lovers like Teddy Roosevelt and Menachem Begin? I mean, who does he think he is? Lester Pearson?

Somehow, unlike the entire "punditaverse," Obama has managed to prevent his hair from catching fire. He's remained humble, graceful, eloquent and reasonable in the face of outrageous provocation. The more humble and grateful, etc., he appears, the more infuriated his critics become. I can only conclude that after enduring eight years with that clown who once promised to "restore chaos and order," they've decided to take it out on his successor, who is obviously a grownup and can take it.

So come on, eh? Let's give peace — and Obama — a chance.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.

Word on the street: How can we eradicate poverty?

Karen Thomson
age 20, Burnaby

A: Maybe just be more involved in your community and get to know everyone so we can help everyone ... If we are all involved in the community and we can help people out then it is more like a family.

Javier Moreno
age 28, Vancouver

A: We have to share with people who are not family. I am a poor guy, to be honest ... Everyone has to do something, not only one person in a country full of rich people.

Junko Tanaka
age 26, Vancouver

A: Give them (poor people) small jobs, like picking up garbage or something. You know the town will be clean and nice. I guess the government could pay.

Shuaib Syub
age 22, Ottawa

A: I heard that in North America there were more shelters for animals than for people. I don't want to take anything away from animals, but maybe we should balance our priorities a little.

Viviane Brochot
age 30, Halifax

A: I think health care could be better. For example, I think prescription drugs should be free and the same for education — it should be free. Education and health care are just basic human rights and I don't think anyone should have to pay for that.

Ernie Nikita
age 59, Toronto

A: Eliminate greed. And then we share ... No greed, people share, we've got peace ... Along with poverty goes disease, goes illness ... It's a distribution problem, but it's all about greed.

MICHAEL DE ADDER

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Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

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Moon plans worldwide mass wedding
The Rev. Sun Myung Moon will marry off tens of thousands of people today in spectacles from the United States to South Korea. THE ASSOCIATED PRESS

World

U.S. denies bunker buster has Iran link

The Pentagon is speeding up delivery of a colossal bomb designed to destroy hidden weapons bunkers buried underground and shielded by more than 4.5 tonnes of reinforced concrete.

Call it Plan B for dealing with Iran, which recently revealed a long-suspected nuclear site deep inside a mountain near the holy city of Qom.

The 13.6-tonne behemoth — called the "massive ordnance penetrator," or MOP — will be the largest non-nuclear bomb in the U.S. arsenal and carry 2,400 kilograms of explosives. The bomb is about 10 times more powerful than the weapon it is designed to replace.

Pentagon officials acknowledge that the new bomb is intended to blow up fortified sites like those used by Iran and North Korea for their nuclear programs, but they deny there is a specific target in mind.

> **"This is just a capability that we think is necessary given the world we live in."**
> Pentagon press secretary Geoff Morrell

"I don't think anybody can divine potential targets," Pentagon press secretary Geoff Morrell said.

"This is just a capability that we think is necessary given the world we live in."

The Obama administration has struggled to counter suspicions lingering from George W. Bush's presidency that the U.S. is either planning to bomb Iranian nuclear facilities itself or would look the other way if Israel did the same.

The administration has been careful not to take military action off the table even as it reached out to Iran with historic talks earlier this month. Tougher sanctions are the immediate backup if diplomacy fails to stop what the West fears is a drive for a nuclear weapon.

THE ASSOCIATED PRESS

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News in brief

HEALTH CARE U.S. President Barack Obama's vow to reform the U.S. health-care system cleared a key hurdle yesterday. Members of the 23-member Senate finance committee voted 14-9 to approve the legislation, setting up a historic debate and moving an overhaul closer to reality than it has been for decades. The measure meets most of the requirements set out by Obama.

CHINA The general manager of China's most influential financial magazine and dozens of her staff have resigned, in a possible tussle over editorial control at the path-breaking publication. Turmoil at Caijing — known for its fearless reporting of corruption, pollution, public health scares and other sensitive topics — could set back efforts to establish a freer press in China.

LOS ANGELES Prosecutors have charged a 17-year-old with fatally shooting a four-month-old boy as he was being bottlefed in a parked car. Police say the baby died of a bullet to the head after Alfonzo Landa had an argument with a gang member standing outside the car and opened fire. The gang member and a pregnant woman feeding the infant inside the car were injured. Four others near the car were not hit.

THE ASSOCIATED PRESS

South Africa **Protest ignites**

THE ASSOCIATED PRESS/PHOTO

Residents from the Sakhile Township east of Johannesburg in South Africa protest poor living conditions yesterday.

Developing nations see rampant unsafe abortion deaths: Report

SURVEY While contraceptive use is increasing worldwide — helping fuel a drop in the number of abortions — unintended pregnancies and deaths from unsafe abortion remain rampant in developing nations, a research institute reported yesterday in a major global survey.

The report, three years in the making, was compiled by the New York-based Guttmacher Institute, which is a leading source of data on abortion-related trends. Sub-Saharan Africa was singled out as the region with by far the lowest rates of contraceptive use and the highest rates of unsafe abortions and unintended pregnancies.

In one example, the report told of a Nigerian woman who first tried to induce an abortion by drinking an herbal concoction, then consulted a traditional healer who inserted leaves in her vagina that caused internal injuries.

Guttmacher estimated previously that the number of abortions worldwide fell from 45.5 million in 1995 to 41.6 million in 2003. THE ASSOCIATED PRESS

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Trinidad..... 4.9 ¢	U.A.E.....16.9 ¢		

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Drop in European beer sales hurts growth worldwide

A drop in demand for beer in Western Europe has slowed beer sales growth worldwide, beverage research agency Canadean reports. Growth fell from six per cent a year earlier to 1.9 per cent. Europe is home to eight of the top 10 beer-consuming countries in the world. METRO NEWS SERVICES

Business

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Heat on BoC as loonie rises

The Canadian dollar continued to rise toward parity with its American counterpart yesterday, putting pressure on the Bank of Canada to match its words of caution with action.

The loonie has risen nearly three cents in the past week and was trading at about 97.20 cents US yesterday afternoon, although it had been even higher earlier.

While some forecasters had expected the loonie to hit parity by early next year, it now appears that that "could happen middle of next week," said Derek Holt, vice-president of economics with Scotia Capital.

That is good news for consumers in Canada, who may see the prices of imported goods fall, and for vacationers or retirees who spend their winter months in the warm states.

But Canada's manufacturing and forestry sectors could be devastated by the loonie's continuing surge.

The Canadian Manufacturers and Exporters estimates a one per cent appreciation in the loonie cuts sales by about $2 billion, equating to about 25,000 jobs. THE CANADIAN PRESS

Mortgage hikes

- Scotiabank, CIBC and the Bank of Montreal raised their posted rates for closed, fixed rate mortgages by up to 0.35 percentage points effective today.

'The Rationalizer' a high-tech mood ring for home traders

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TECHNOLOGY Philips Electronics has teamed up with a prominent Dutch bank to develop a system for warning home traders when they're about to make a decision to buy or sell stocks while feeling overly emotional.

It's called "The Rationalizer," and a test model is on display at an innovation summit in Brussels this week. It consists of an "EmoBracelet" that looks like it might come out of a science fiction film, and a light-emitting "EmoBowl" that rests near a trader's computer. The bracelet supposedly feels emotional states and sends radio signals to the bowl. As the user's feelings intensify, the bowl glows yellow, orange and finally red.

The device essentially measures the way you sweat, said Philips' design arm director Geert Christiaansen yesterday. THE ASSOCIATED PRESS

Business in brief

HOMES Statistics Canada says contractors' selling prices for new homes rose 0.1 per cent in August following a 0.3 per cent increase in July. On a year-over-year basis, however, new house prices were still down 3.1 per cent from 2008, with Victoria down 10 per cent. THE CANADIAN PRESS

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Seau back for a 20th season

Junior Seau is back with the New England Patriots, coming out of retirement for a third time to sign a contract yesterday for a 20th season as an NFL linebacker. The signing of the 12-time Pro Bowl player was announced by Versus, the television network on which Seau has a show. THE ASSOCIATED PRESS

Sports

Enforcer apologizes

Montreal Canadiens enforcer Georges Laraque, left, says he's sorry for appearing in an ad being slammed as sexist. Women's groups have decried the ad for an alcohol drink in which Laraque plays street hockey with a group of scantily clad women. Laraque says he should never have done the ad, is sorry if he offended anyone, and swears he donated the money from it to an animal-rights group. THE CANADIAN PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

IOC down on 2-city bid

Hiroshima, Nagasaki propose joint hosting of 2020 Olympic Games

An International Olympic Committee official has cast doubt on a proposal by Hiroshima and Nagasaki to co-host the 2020 Olympics, saying only one city can host the Games.

"The Olympic Charter clearly states only one city can host the Olympics. It does not allow two cities to co-host the Games. At the moment, the answer is no," Gilbert Felli, executive director for the Olympic Games, told Kyodo News agency yesterday.

Felli said that although there was a proposal to review bid policies, it is unlikely changes will be made before the bid process for the 2020 Games starts in 2011. Rio de Janeiro won the right to host the 2016 Olympics in a recent vote of IOC members at Copenhagen.

The host city for the 2020 Games will be selected by the IOC in 2013.

Felli suggested that it would be possible for one of the cities to host the Olympics and the other to host some of the sporting events. THE ASSOCIATED PRESS

World peace

- On Sunday, a week after Tokyo failed in its bid to host the 2016 Olympics, Hiroshima Mayor Tadatoshi Akiba and Nagasaki Mayor Tomihisa Taue said the two cities, site of atomic bombings at the end of the Second World War, wanted to set up a joint committee to vie for the 2020 Games, emphasizing world peace.

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Toronto Kennedy honoured

FRANK GUNN/THE CANADIAN PRESS

Former Toronto Maple Leaf Ted Kennedy is honoured before the Leafs played the Colorado Avalanche last night in Toronto. Colorado won the game 4-1. Kennedy died this summer.

Sports in brief

TOUR DE FRANCE Seven-time Tour de France champion Lance Armstrong and 2009 winner Alberto Contador will be on hand today when organizers unveil the 2010 route. Armstrong and Contadro were Astana teammates this year, and the Spaniard won the Tour for a second time.

TENNIS Canada's Aleksandra Wozniak advanced to the second round of the Japan Women's Open yesterday with a straight sets win over Australian qualifier Sophie Ferguson. Wozniak, 22, of Blainville, Que., won the match 6-1, 7-5 and will face Kai-Chen Chang next. METRO NEWS SERVICES

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- Monique, QC

Water retention makes you bloat!!

Weight loss is not only about increasing metabolism to burn fat. Water retention also makes you feel overweight and bloated. Your fingers swell, your ankles look and feel heavy, pants fit tighter and your bra may become uncomfortably snug.

What is the cause? For most of us, we are simply victims of high-sodium processed foods and salty snacks. But women are additionally at risk for water retention, doctor's say, because of the rise and fall of hormone levels.

So how can Apple Cider 600 help?

Apple Cider 600 is an effective formula of three herbs and plant extracts, designed to make you slim down in a healthy and natural way. Apple cider vinegar has traditionally been used to stimulate metabolism, balance digestion and alleviate stomach disorders. Globe artichoke stimulates your bodies detox process and dandelion is a strong diuretic, which for decades was used to eliminate retained fluids, commonly stored among the fat cells and soft tissue.

Apple Cider 600 has been developed by New Nordic, a Scandinavian manufacturer of high quality natural products. Apple Cider 600 is available at participating pharmacies and stores: Participating Shoppers Drug Mart, London Drugs, Wal-Mart, Zellers, Alive, GNC, Thrifty's and other health food stores and pharmacies.

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It's Called Football
For a discussion on a possible MLS draft of CIS players and how Canadian talent stacks up to that of the U.S., visit **metronews.ca/itscalledfootball**

NICK DIDLICK/GETTY IMAGES

Canuck Henrik Sedin, centre, celebrates his goal with teammates Alexandre Burrows and Daniel Sedin at General Motors Place on April 7.

Champions often forged in adversity

TheHockeyNews

Every year, every NHL team has to deal with some form of adversity, be it an injury, a struggling superstar or just an overall lack of chemistry.

It's the ones who play through and overcome these tough times that rise to the top and separate themselves from the write-off seasons that plague certain others. The best teams in the league, the ones who challenge for the Cup and the ones who end up winning it, always rebound and recover from such setbacks.

Last year, the Penguins had to deal with a great struggle in the first half that led to the firing of their coach. Not only that, but their top defenceman, Sergei Gonchar, was limited to 25 games due to injury. In the end, it was that group drinking champagne out of the silver chalice.

So if the Vancouver Canucks are the Stanley Cup contender they are presumed to be, they won't let the injury to Daniel Sedin set them back enough to derail those aspirations.

With Pavol Demitra still out recovering from off-season shoulder surgery, an even greater load of offence is expected to generate off the stick of Henrik Sedin. Last week in this column it was noted the secondary scoring needed to assert itself — now that it has, concern has to shift back to the top line.

The Canucks aren't used to playing without either Sedin brother; over the past three seasons the two Swedes combined to miss just a single game. Now, Henrik will have to leave the comfort of playing alongside his brother for the next month-and-a-half and become familiar with new linemates who, so far, seem to be Alex Burrows and Steve Bernier.

Ever since the two brothers were picked back-to-back in the 1999 draft, there has been a tedious debate as to which was the better player. And ever since Henrik was picked one slot below his brother, it has been Daniel who has been given the edge because of his goal scoring ability.

Now, if Henrik can keep the team rolling and keep contributing to putting W's on the board, he has the opportunity to gain support for his side of the argument.

The Hockey News thn.com

Whitecaps prepare to play without Nash

SOCCER If the Vancouver Whitecaps are to repeat as United Soccer Leagues First Division champions, they will have to overcome a one-goal deficit in the second leg of the final against the Montreal Impact — and they will have to do it without captain Martin Nash.

Nash was issued a straight red card in the second half of the 3-2 loss in the opening leg Saturday after a late foul on Impact forward Roberto Brown.

In the teams' final training session before they fly to Montreal, Vancouver head coach Teitur Thordarson used a number of different players in different positions.

Former Toronto FC defender Chris Pozniak seems to be the man to replace Nash in the centre of midfield. Pozniak is a natural central defender, but spent the majority of his time last season with Dundee FC of the Scottish Premier League as a central midfielder.

The second and decisive leg goes Saturday at Montreal's Saputo Stadium.

THE CANADIAN PRESS

Sports in brief

NFL Rush Limbaugh's bid to buy the St. Louis Rams ran into opposition within the NFL yesterday, when Colts owner Jim Irsay vowed to vote against him and commissioner Roger Goodell said the conservative commentator's "divisive" comments would not be tolerated from any NFL insider.

MLB Joe Torre says he doesn't plan on managing the Los Angeles Dodgers after his contract expires. "I have one year on my contract and I don't anticipate it being more than that," he said yesterday, two days before the Dodgers open the NLCS against Philadelphia.

THE ASSOCIATED PRESS

New R&D centre to open at MUN

Memorial University has signed a memorandum of understanding with the American Bureau of Shipping to create a new research and development centre at the university. The ABS Harsh Environment Technology Centre will support the development of technologies for ships and offshore structures. METRO NEWS SERVICES

Workology

St. Clair's "newsplex"

The City of Windsor and St. Clair College are negotiating the purchase of a new building to house the college's journalism school. St. Clair's president says the key component of the proposed Centre for Media Studies would be a "newsplex" where students would write stories and present them in different formats, including TV and radio. METRO NEWS SERVICES

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

A popular dream

Dragons' Den

Have you ever considered working for yourself? It's a dream that countless Canadians share. Wouldn't it be wonderful to be your own boss, to build a business that could employ your family or friends and neighbours, and to keep all the profits for yourself?

It's a powerful dream — which is why thousands of people make that leap every year. In fact this year, as the economic downturn deepened, statistics showed entrepreneurship on the rise. It's actually a typical phenomenon during recessions — workers who lose their jobs sometimes decide to create their own.

So what does it take to start a successful business? You can pick up some clues by watching Dragons' Den tonight.

As always, a wide variety of entrepreneurs enter the Den, seeking investment from the Dragons — the self-made millionaires who regularly invest in those brave enough to pitch them on this CBC reality show. Some of the pitchers are well established — a young woman named Jacqueline Sava has sold $1 million worth of her lingerie soap called Soak over the past three years. She sells her product online, and in stores across Canada. But she wants investment to expand into the U.S.

Others are rookies. Mike Bailey from Hagersville, Ont., has developed software for people considering a tattoo. It allows you to preview a picture of how the design will look on you, before it's inked on.

But as you learn in their presentations to the Dragons, neither of these two entrepreneurs are actually making money yet. It's one of the realities all would-be business owners have to consider: It takes time to actually build the business.

On the bright side, consider the stories of the Dragons themselves. Jim Treliving was a Mountie: Now he owns Boston Pizza and Mr. Lube. Robert Herjavec was a waiter; now he owns the biggest house in Toronto. Arlene Dickinson was a single mother of four; now her marketing firm services huge clients, and she wears diamonds and Chanel.

Entrepreneurship is a dream worth pursuing.

Dianne Buckner is the host of Dragons' Den. Tonight's episode airs at 8 p.m. on CBC. Follow Dianne on Twitter @DianneBuckner.

Clarification

- In an article published last Wednesday with the headline Help Loblaw help you, Eiren Good, a grad from Calgary who went to Mount Royal College was incorrectly identified as a grad from Kelowna, B.C. The grad from Kelowna was in fact Garret Mellon. Metro regrets the error.

Two generations, one goal

MAT LECOMPTE
for Metro Canada

With an aging workforce and a group of young, hungry employees ready to fill their shoes, what's an employer to do?

Depending on who you ask, you may get a different answer. Some businesses, like RSM Richter, one of Canada's largest independent accounting and business advisory firms, are trying to recruit younger workers by reassuring them age is not a barrier to career progression.

"People want to work in a place where they can establish themselves," says Robert Kofman, 42, co-managing partner of RSM Richter in Toronto. "If you don't promote good people, they move on."

A recent Angus Reid survey conducted by RSM Richter indicated that 70 per cent of 18-to-25- year-old Canadians are concerned about losing leadership opportunities to older workers delaying retirement.

For Kofman, who has climbed the ranks relatively rapidly, it's important to retain young talent by promoting them accordingly. Combining their ambition with the experience of older employees has helped grow the business.

He says there is room for everybody, and that the company has done a great job at identifying its high achievers early.

"It's not a scenario where you turn 55 and you're out," he says. "People are still contributing."

A recent survey by the Pew Research Group predicted that 25 per cent of American workers will be 55 or older by 2016, up from nearly 19 per cent today. An older work force is going to be a fact of corporate life, and in order to retain important intellectual capital and avoid age-discrimination lawsuits, companies need to figure out how to change office life to accommodate silver-haired employees, said Lance Perry, a senior risk engineer for insurance company Zurich Financial Services in Fort Worth, Texas.

Perry has been analyzing the science of beneficial workplace design for more than 25 years and recently helped write a report on how to best accommodate and retain aging employees. One of the areas the report explored was the importance of passing on corporate knowledge from one generation to the next.

It's mentorship programs like this that help the vision and ideas of young leaders become real, workable policies: A component quite valuable to the success at RSM Richter.

Kofman says the older workers can use their experience to work with younger ones to implement successful initiatives.

"It's helpful to have vision (from the younger workers), he says, "and experience (from older workers) brings in reality."

WITH FILES FROM THE ASSOCIATED PRESS

Some employers are trying to recruit young talent, insisting age is not a barrier in their careers.

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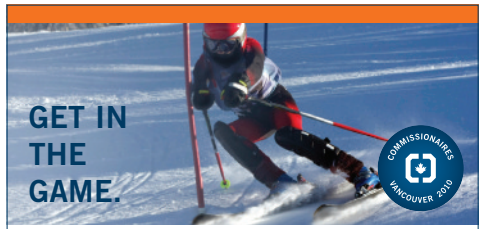

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College launches blog
P.E.I.'s Holland College has recently introduced a new blog through which members of the college community and the public can keep up-to-date with new developments at the institution. METRO NEWS SERVICES

Don't rely on Google and 'free' consultations

WorkplaceLaw

How do you win in court? It starts with selecting the proper lawyer. But beware — not all lawyers' interests are aligned with those of their clients.

Here are four cautionary tales that I've gleaned from the employment law trenches:

ADVERTISING: A lawyer's search engine rankings have nothing do with his or her legal skill. Rather, Internet-based advertising allows lawyers to pay for and then snatch up high rankings on Google and Yahoo that are not indicative of the quality of the lawyer, her firm, or the actual number of visitors to the website.

Similarly, there are no rules limiting lawyers without much experience in employment law from professing that they practise it, on their websites and in the media — and they do. For instance, Toronto's Yellow Pages has ads for over 30 lawyers who practice "wrongful dismissal." However, many of those same lawyers also appeared when I searched for "family lawyers," which wasn't surprising at all.

"But where there is a quick settlement, the client is billed based on a percentage without any regard to the lawyer's effort or time. In effect, the lawyer then has it both ways."

The reality is that there are few exclusively practicing employment lawyers. Most just dabble in the area, despite advertising otherwise. But employment law is specialized. If your lawyer misses a critical issue or precedent, it could subvert your case. Inquire what percentage of the lawyer's time is spent solely on employment law matters — and don't pay for his or her education.

FREE CONSULTATIONS: Some lawyers advertise "free" consultations. These can be a sham.

A free consultation is their opportunity to assess whether they want to take your case but not your opportunity to learn about the risks and costs of proceeding with one. Invariably, you then pay for that advice afterwards.

Considering the extra time the lawyer will ultimately charge you after your initial meeting to properly review your file, your initial consultation wasn't "free" at all.

ORAL AGREEMENTS: The biggest problem that most people face with lawyers is their billing practices. This is because the regulatory bodies that oversee lawyers have few restrictions governing how they charge for their work.

As a result, most lawyers are left to their own devices. Unfortunately for the clients, these devices often are unaligned with their interests.

One common agreement that is used, an oral contract, isn't much of an agreement at all.

Here, lawyers bill ad hoc, based on any arbitrary combination of the time they spend on the file or the results obtained. Where the file requires more work than anticipated, the client pays for the lawyer's time, regardless of the result. But where there is a quick settlement, the client is billed based on a percentage without any regard to the lawyer's effort or time.

In effect, the lawyer then has it both ways. If asked, a lawyer should predict to the best of his or her ability the potential costs of your case and specifically how you will pay for his or her time. Then confirm that arrangement in writing.

COMMON SENSE: It goes without saying, but your instincts are usually your best self-defence.

Daniel A. Lublin is an employment lawyer with the law firm Whitten & Lublin LLP. Reach him at dan@canadaemploymentlawyer.com.

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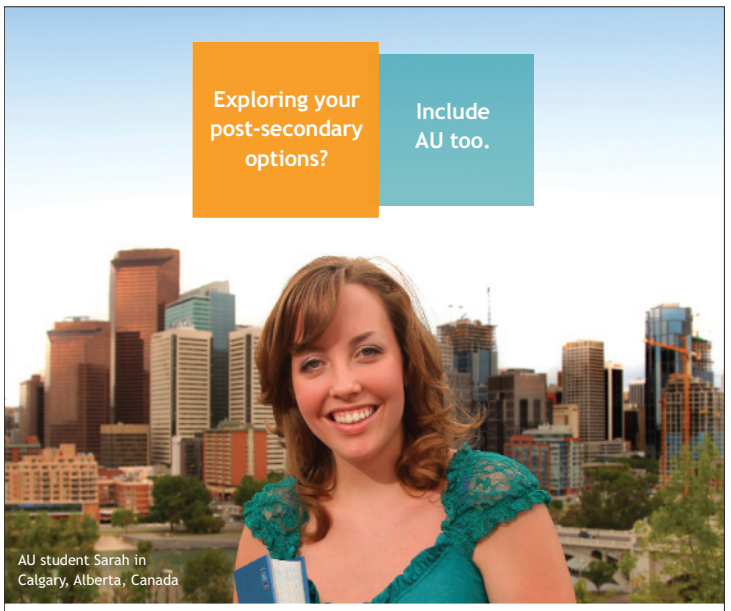
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Fine line between coworker, friend

When it comes to workplace relationships, the general advice is to keep your distance.

You have to trust your friends, but you have to trust your work friends even more.

After all, friendships can be tested by a number of different issues in the workplace. But the people we see every day at work often become our closest friends. It's no wonder, we spend roughly half of our waking hours with them.

So what's the secret to balancing work and friendships, especially when things get rocky?

KNOW WHAT COMES FIRST

When you make friends at the office, you need to keep some important perspective: You're primarily at the company as an employee, not a friend. And remember that some bosses frown on personal relationships in the workplace.

The last thing you want is to risk getting passed up for a promotion or not be taken seriously because you are too much of a social butterfly, chatting with friends rather than working. Or, because you let a friendship get in the way of your responsibilites — for example, if your coworker makes a serious mistake and you don't report it.

"Work is work, we're hired to do a job and as long as that takes priority, friendships can emerge naturally, be very constructive and quite enjoyable," said Janie Fritz, associate professor of communication and rhetorical studies at Duquesne University.

BE SELECTIVE

You have to trust your friends, but you have to be able to trust your work friends more. Whether you realize it or not, the friends you make at work can have an impact on how your bosses view your performance. If your friend has productivity problems or other issues, you might find yourself under greater scrutiny.

And, if you and your friend have a falling out and it turns out that he or she is the vindictive type, the last thing you want to worry about is someone spreading rumours or creating an awkward situation for you at the office.

It's also important to be extra vigilant about work friends' ability to keep secrets — that person you're confiding in might have an agenda of his or her own. Or maybe they just can't keep their mouth shut.

ZIP THE LIP

A major issue that tends to come up in workplace relationships, Fritz said, is when people divulge too much about their personal lives.

"We're human, we like to connect with others, the problem is when we forget there is a public sphere and a private sphere," she said.

For example, sharing brief stories about your family is fine, but it's best to save those long talks about your personal problems for social settings like bars or restaurants, not the office. If you and your friends dislike the same people in the office, keep it to yourselves. If you spread gossip about others at work, it can quickly cause trouble for you with other co-workers as well as your boss. THE ASSOCIATED PRESS

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Auto insurance rates drop: Study

Auto insurance rates dropped by 2.8 per cent among the lowest rates quoted in the third quarter of 2009 when compared with 2008, according to a study by online insurance marketplace Kanetix. CANADIANDRIVER.COM

Metro Drive

Prius still greenest

The redesigned Toyota Prius is still the most fuel-efficient car consumers can buy, according to Consumer Reports, which has named it the Top Pick for Green Car in its annual auto issue for the past six years.

METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

370Z rocks the open air

MARK ATKINSON
for Metro Canada

It's rare that automakers get highly specific about which of their competitors' models they're targeting with a new product. Sometimes there's a broad reference to a certain class or size, but usually it's extremely vague.

The Nissan 370Z Roadster

So it's surprising that Nissan is getting aggressive with its new 370Z Roadster, the latest version of its iconic sports car, saying the Japanese two-seater has what it takes to take on the class-leading Porsche Boxster.

The 370Z Roadster shares its mechanicals with its fixed-roof sibling, meaning it features a 3.7-litre V6 that produces 332-horsepower, and sends its power to the rear wheels through either a six-speed manual or optional seven-speed automatic transmission. Selecting the optional sport pack with the manual brings the truly awesome SynchroRev Match system, which makes everyone sound like Michael Schumacher when downshifting by automatically blipping the throttle to the optimal revs without touching the gas pedal.

Estimated fuel economy is 11.6/7.7 L/100km city/highway for the manual transmission and 11.4/7.6 L/100km city/highway for the auto.

The Z Roadster feels quick and corners flat, thanks to its revised suspension and either 18- or 19-inch wheels and tires. Standard ABS, EBD, brake assist and stability control keep the Nissan in check, while the exhaust sounds excellent with the roof up or down.

Stylistically, the Z Roadster differs from the coupe with its shorter windshield, the hard tonneau cover with twin humps that conceals the folded roof, and a shaped trunk that mimics a rear lip spoiler. The interior features what Nissan calls a "twin cockpit" design, with body-coloured panels flowing down into the cabin. However, the aggressive arrowhead headlights and sharp front fenders carry over, making it instantly recognizable as a Z.

Pricing starts at $46,998 for the base car, which includes standard intelligent key, heated and cooled seats, Bluetooth hands-free and satellite radio.

2010 Nissan 370Z Roadster

Type: Sports two-seater
Price: from $46,998
Engine: 3.7 V6
HP: 332

Highlights

- Plenty of features in base model
- Impressive performance

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EcoBoost wins award
Ford's new, fuel-efficient EcoBoost engine has been given a Breakthrough Award by Popular Mechanics, the only automaker to be so honoured this year. METRO NEWS SERVICES

The Panamera in Porsche's entry to the four-door premium luxury car market.

Porsche goes four-door

PETER BLEAKNEY
for Metro Canada

With this Saturday's Canadian debut of the 2010 Porsche Panamera, the term "five-door hatchback" will take on a fresh meaning. This is the first all-new Porsche in seven years, and the automaker's first foray into the four-door premium luxury car market.

"It's a logical next step for Porsche." says Canadian Porsche public relations head Laurance Yap.

"There are many 911 customers buying into this segment who would like to keep their purchases in the Porsche family. We also expect the Panamera to bring a lot of new, first-time customers to the brand."

From the headlights to the prominent fenders to the rounded back, this large "space coupe" (in the words of chief designer Michael Mauer) broadcasts 911, yet unlike that rear-engined icon, the Panamera carries a 4.8L V8 up front, powering the rear, or all the wheels, depending on model. The only available transmission is a seven-speed, double-clutch manual/automatic (PDK) transmission.

Segment innovations include the first Start-Stop system in conjunction with an automatic transmission, air suspension with additional air volume available on demand in each spring, and active aerodynamics.

Porsche's prime goal, along with providing a dynamic driving experience, was to offer sufficient room for four full-sized passengers and their luggage. Rear head and legroom is very generous, which goes a long way in explaining the sedan's almost humpback profile.

The interior will be familiar to those who have spent time in Porsche sports cars. You sit low in the vehicle, and the driver's relationship to the controls is pure 911, although the appointments are considerably more luxurious.

There will be three versions the 2010 Panamera: The $115,100 S, the $120,300 4S and the $155,000 Turbo.

The naturally-aspirated direct-injection 4.8L V8 in the base Panamera S makes 400-horsepower and 369 pound-feet of torque, and pushes the sedan through the 100 km/h mark in 5.4 seconds on its way to a top speed of 283 km/h.

Standard equipment includes eight-way power and heated seats, navigation system, park assist; rain-sensing wipers, sunroof, bi-xenon headlights with LED running lights, premium audio, power liftgate, and 18-inch wheels.

The 4S is an all-wheel-drive version of the S, while the all-wheel-drive Turbo boasts 500-hp and 516 lb.-ft. of torque thanks to the addition of twin turbochargers. It blasts to 100 km/h in 5.0 sec and tops out at 303 km/h.

Porsche in city

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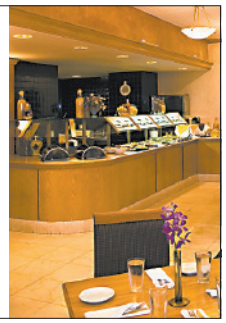

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Rooms for a quarter

To celebrate the minting of the U.S. Virgin Islands quarter, tourism officials are promoting 25-cent US room rates at participating hotels for travel before Nov. 15. See BookIt.com to make reservations for air-hotel packages. THE ASSOCIATED PRESS

Travel

Hot Honduras

Frommer's has just debuted a new travel guide devoted solely to Honduras, citing a 65 per cent increase in North Americans travelling there in the last five years but also because of increased interest in the region. Nicholas Gill, author of the first edition of Frommer's Honduras, says the Central American country has "a little bit of everything: beaches, active adventures, historical sites, indigenous cultures, wildlife and laidback getaways." THE ASSOCIATED PRESS

TRAVELDESK@METRONEWS.CA

The world's spookiest spots

Forgo the haunted house attractions for bats, bodies and spiders

Haunted house attractions and ghost tours can be a lot of fun. But some things are naturally spooky, with no fake blood or recorded howls required.

If you relish the notion of getting your thrills and chills without Hollywood special effects, check out the world's largest urban bat colony in Austin, Texas; immerse yourself in the webby world of spiders at the Museum of Natural History in Los Angeles; or take a trip to Palermo, Sicily, where the Capuchin Catacombs display skeletons and mummified corpses.

ALESSANDRO FUCARINI/THE ASSOCIATED PRESS

A view of mummified corpses in the Capuchins' Catacombs located in Palermo, Sicily.

Capuchin Catacombs, Palermo, Sicily

Rosalia Lombardo still looks like a two-year-old baby taking a nap, her peaceful features framed by curly blond hair and a cute yellow ribbon. But the toddler nicknamed "sleeping beauty" by Italians has been dead for nearly a century, and is one of the best-preserved mummies among thousands lining the catacombs beneath the Capuchin convent in Palermo, Sicily. Lombardo's was the last body to be placed in the underground cemetery that was dug in the late 16th century, initially to house deceased monks and later the general populace.

Some 8,000 mummies are openly exposed, stacked ceiling-high in the corridors of the catacombs, lying in open niches or propped up in a standing position, many still dressed in their original clothes.

Monks wearing dark frocks, priests in sacred vestments, aristocrats in their best Sunday dress and the poor in rags as well as young children resting in their cribs were all buried in the catacombs to await Judgment Day.

While Lombardo's body was embalmed by a doctor, most of the mummies were treated by the monks and preserved by the dry environment, leaving smartly dressed desiccated corpses that stare down with empty eyes at visitors walking through the vaulted corridors. The 16th century monks who built the convent outside the city walls soon realized the tufa stone in the ground helped preserve the bodies of the dead. They enhanced the process by leaving the bodies to dry for months before treating them with vinegar, lime or arsenic.

North America's largest urban bat colony Austin, Texas

Fluttering over head then out to the darkening sky beyond, Mexican free-tail bats emerge in downtown Austin at dusk each night from late March until November.

They take flight en masse, a dark moving stream. It's an eerie sight to some but a delight to scores of bat fans who gather at the Congress Avenue bridge to witness the movement of the 1.5 million mammals on their nightly journey to forage for food.

These bridge bats are considered to be the largest urban bat colony in North America, according to Bat Conservation International. They're also a tourist attraction for Austin.

Visitors and locals alike gather on the bridge, on the banks of Lady Bird Lake below, at nearby bars and restaurants and even on boats. Far from a nuisance, the Austin bats are a prized attraction in this city that prides itself on being "weird."

Spider Pavilion, Natural History Museum of Los Angeles County

Hundreds of free-roaming spiders are spinning their webs in this walk-through landscaped exhibit. Visitors can watch spider feedings and learn about the webs' intricate architecture and engineering.

Fifteen local and exotic species are on display, including the large golden silk spiders of the Nephila genus and the golden orb weavers of the Argiope genus, which are known for their yellow and black markings.

Each spins a unique web, some of which are several feet wide.

Unlike a butterfly pavilion where free-flying butterflies sometimes land on visitors, here the spiders stick to their webs along the sides of the pavilion. Humans are not permitted to touch them.

While some visitors may experience an involuntary shudder or a touch of arachnophobia in the presence of all these eight-legged creatures, the museum says that the goal of the exhibit is to "convey how harmless and gentle these animals are and how important they are to our ecosystem."

Several times a day, visitors get to watch the spiders being fed live crickets by museum staff.

Outside the pavilion, other species like tarantulas are on display in terrarium. THE ASSOCIATED PRESS

Spooky spots

Capuchin Catacombs

- The catacombs are located Piazza Cappuccini, 1, Palermo, and are open daily, 8:30 a.m.-1 p.m. and 2:30 p.m.-6 p.m.

Austin, Texas bat colony

- Capital Cruises, capitalcruises.com, and Lonestar Riverboat, lonestarriverboat.com, offer bat-watching boat trips.
- Bat observers can call a bat hot line throughout the season for information on the nightly flights, courtesy of the Austin American-Statesman (512-416-5700, ext. 3636).

Spider Pavilion, Natural History Museum of Los Angeles County

- The Spider Pavilion is open through Nov. 8, 10 a.m.-5:30 p.m. Because spiders are most active in the dark, the museum is also hosting special Halloween-themed flashlight tours where visitors can watch them at night, on Oct. 17 and 30, 6 p.m.-10 p.m. The museum is located at 900 Exposition Blvd., Los Angeles; nhm.org.

THE ASSOCIATED PRESS

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Canucks need not apply
The Colorado Tourism Office has launched a contest to give three "snow virgins" — i.e. those who have never seen snow or built a snowman — an expenses-paid, three-month trip to Colorado, January through March. See snowatfirstsight.com. THE ASSOCIATED PRESS

Low-cost carriers tweet clients

Technology can get complaints resolved more quickly

A Seattle woman tweets from an airport that JetBlue's birthday present to her was forgetting to put her wheelchair on her flight. Seven minutes later, an airline official tweets back that the crew will work quickly to make things right.

On a Facebook page used by Delta Air Lines, a traveller suggests Delta wrap its Wi-Fi fee into its ticket price rather than charge separately. The airline doesn't respond. The page mainly promotes the airline, talks up new services and offers travellers tips on popular things to do in the cities Delta flies to, like Las Vegas.

Discount airlines have traditionally outflanked the big network carriers in customer service and low fares, and it appears they're extending their advantage to social media.

The discounters often respond with quick feedback to travellers' concerns on social networking sites, while traditional network carriers peddle last-minute fare deals but seem slow to embrace Twitter and Facebook to beef up customer service.

Customers crave good service and reward airlines that provide it. A survey cited in a July report by Forrester Research showed that 68 per cent of U.S. online leisure travellers say they'd be willing to recommend carriers to family and friends if the company made them feel like a valued customer.

That's a tantalizing incentive for airlines to transform customer service from the dull telephone and email route into the online networking channel — where every customer can speak his mind to the masses — at a time when the weak economy has caused their revenue to plummet.

The Internet has opened the door to millions of people to beam their views across the planet on everything from the quality of airplane food to how long they waited on the tarmac to take off. This presents a conundrum for some airlines.

It takes manpower to troll social networking sites that are updated around the clock. JetBlue has 10 people involved with social networking; Southwest Airlines has seven.

But the big carriers, with their higher costs, have faced budget cuts and reductions in management and frontline staff. US Airways, for instance, in July said it would eliminate 340 customer service agent positions around the U.S..

STEPHEN MORRIS

These days, unhappy passengers can complain instantly — and very publicly — about poor service via Twitter. In the U.S., low-cost carriers have been more attentive to such complaints.

"I think we all believe there's gold in these hills. How to mine that gold, we all take different approaches."
Roger Frizzell, American Airlines spokesman

So, network carriers like American Airlines, Delta and Continental Airlines focus on merchandising, promotions, general information and other issues while taking baby steps when it comes to responding to complaints on social networking sites.

"I think we all believe there's gold in these hills. How to mine that gold, we all take different approaches," said Roger Frizzell, American's vice-president of corporate communications and advertising.

JetBlue, which has an informal group of workers involved with monitoring social networking sites and responding to customers, believes that in the future, social media will become a part of all of its employees' jobs. JetBlue has a million followers on Twitter, more than any other airline.

Paula Berg, Southwest's manager of emerging media, says that carrier jumped into the online social networking arena very early, using the sites primarily as a communication tool and to engage its customers. The airline has nearly 500,000 followers on Twitter. THE ASSOCIATED PRESS

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Underwood to host TV special

FOX is giving American Idol season four winner Carrie Underwood her own two-hour variety special. The singer, 26, will host Brad Paisley, Dolly Parton and fellow Idol alum David Cook on her Dec. 7 show. **PEOPLE.COM**

Entertainment

Klum has a girl

Heidi Klum gave birth to a girl, Lou Sulola Samuel, on Friday in Los Angeles. The supermodel's husband, Seal, released a statement Monday about the birth.

PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

Children's books come to life

Where The Wild Things Are is the latest big screen adaptation

PHIL BROWN
for Metro Canada

Spike Jonze's cinematic adaptation of Maurice Sendak's classic Where The Wild Things Are is only a few days away from hitting screens and the advanced word is surprisingly good.

While many adaptations of children's books merely take advantage of the marketing possibilities of recognizable stories and characters, this film actually examines some of the themes and ideas found in the original text, making it one of the few films to accurately capture these aspects of children's literature.

"Good children's literature has at its heart something that is essential and true to childhood experience," says Dr. Deirdre Baker who teaches the subject at the University of Toronto. "It conveys much more between the lines than it does on the surface or in the plot."

Film adaptations rarely feature this aspect of the source material. Very little is left open to interpretation and subtext is usually replaced by crude gags and pop culture references (as in the glossy adaptations of Dr. Seuss' beloved The Cat In The Hat and The Grinch).

Why is this the case? Baker suggests that "watching a film is being taken for a ride while reading text is playing out your own ride." Perhaps the passive experience of watching a movie makes it difficult for filmmakers to convey the subtleties of the original text to their audience. The other key factor is the commercial angle that Hollywood filmmakers are forced to take on the material.

The film adaptation of children's book Where The Wild Things Are opens in theatre on Friday.

As Dr. Heather Evans — a children's literature professor at Queen's University — observes, "Films for children are produced and marketed by adults, and are designed to appeal to an adult's perception of a child's tastes or needs." It's an important point since children's films are often created to sell stuffed toys and Happy Meals.

Of course, that doesn't mean it's impossible to create an intelligent movie based on children's literature: It's just difficult given the differences between the two mediums. A film like The Princess Bride was able to capture all the nuances of the original book, while still playing as a movie (perhaps because the screenplay was written by the novel's author William Goldman).

Impressive adaptations like this certainly can be made, they just require filmmakers who respect both the source material and the intelligence of their young audience.

This combination is sadly rare, but fortunately it looks as if Jonze managed to achieve it with Where The Wild Things Are by making the material his own. Author Maurice Sendak specifically chose the director of Being John Malkovich to bring his work to the screen, and it seems as though his faith has been richly rewarded.

Movie feature

10/14/09

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime	251	308	3 CBC	Wheel-Fortune	Jeopardy! (N)	Dragon's Den (N) (CC)		The Tudors (N) (CC) (DVS)		CBC News: The National (N)		(:05) The Hour
	254	-	8 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	9 CTV	etalk (CC)	Dance	America's Next Top Model (N)		Criminal Minds "Hopeless"		CSI: NY "Dead Reckoning" (N)		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	The Practice (CC)		Third Watch (CC)		Perspectives	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	Bones (N) (CC)		Glee "Throwdown" (N) (CC)		Melrose Place "Shoreline" (N)		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	So You Think You Can Dance		The Middle	Hank (N)	Eastwick (N) (CC)		A News (N)
	253	359	13 CITY	The Office	The Office	Mercy "Pulling the Goalie" (N)		Family	Cougar Town	The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	America's Next Top Model (N)		Melrose Place "Shoreline"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	Old Christine	Gary Unmarr	Criminal Minds "Hopeless"		CSI: NY "Dead Reckoning" (N)		KIRO News
	287	379	16 NBC	Evening Mag.	Inside Edition	Mercy "Pulling the Goalie" (N)		Law & Order: SVU		The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Old Christine	Friends (CC)	Friends (CC)	Grocery Bag	Grocery Bag	Yourself Sexy	Chef Worthy	Grocery Bag	Supersize
	288	380	21 ABC	Wheel-Fortune	Jeopardy! (N)	Hank (N)	The Middle	Family	Cougar Town	Eastwick (N) (CC)		KOMO 4 News
	-	-	23 KVOS	M*A*S*H	Seinfeld	The Shrimp on the Barbie ★ (1990, Comedy) Cheech Marin.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	OpenRoad	Steves Europe	Windsors-Royal		American Masters (N) (CC)			Singing Life	MI-5 (CC)
	290	382	28 FOX	Two/Half Men	Two/Half Men	So You Think You Can Dance		Glee "Throwdown" (N) (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	33 PBS	Amer. Masters	American Masters (CC)		Keeping Up	Tavis Smiley	Charlie Rose (N) (CC)		Secrets of the Dead	
	296	654	34 SBK	The Office	Name Is Earl	Frasier (CC)	'70s Show	South Park	Half & Half	Net Millions	Hatchett	Paid Program
	298	653	35 TLA	Two/Half Men	Two/Half Men	America's Next Top Model (N)		Melrose Place "Shoreline"		KTLA Prime News (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)	Family Guy	Two/Half Men		According-Jim	Friends (CC)	Friends (CC)	Maury (CC)	
	297	652	37 WPX	PIX News at Ten Tong. (N)	Two/Half Men	Friends (CC)		Friends (CC)	According-Jim	Family Guy	South Park	Scrubs (CC)
	199	311	76 STR	CTV News	NTV Latenight News		Late Show-Letterman		Late Late Show		Inside Edition	Will & Grace
news	502	390	29 NW	Planet Earth "Mountains"		CBC News: The National		CBC News: The National		Planet Earth "Mountains"		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	(6:30) MLB Baseball American League Division Series Game 5 -- Teams TBA. If necessary.						Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	NHL Hockey		SportsCentre (Live) (CC)		World Poker Tour: Season 7		World Poker Tour: Season 7		SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Bounty Hunter	Bounty Hunter	Survivorman (CC)		Ghost Hunters (CC)		Bounty Hunter
	410	403	54 SCR	WWE Vintage Collection		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	Building NASCAR Hall		Dale (2005, Documentary) Narrated by Paul Newman.				Pass Time	Pass Time	Wrecked
family	416	409	144 GLF	Toronto-Today	MLS Weekly	Toronto	Gol TV News	MLS Weekly	Toronto-Today	Paid Program	Gol TV News	Gol TV News
	552	543	25 YTV	Drake & Josh	That's-Weird	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	Prank Patrol	Adrenaline
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	553	546	53 TRE	Babar (CC)	Big & Small	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	Franklin	Comfy Couch
cable variety	268	354	5 KNO	Unconquered People		The Story of India (N)		Juan Diego Florez (CC)		It's All About the Music		NFB at 70 (N)
	575	583	20 CMT	Home Imp.	Home Imp.	Due South "The Blue Line"		Reba (CC)	Reba (CC)	According-Jim	According-Jim	Home Imp.
	570	580	24 MM	Degrassi: TNG	Degrassi: TNG	One Tree Hill (CC)		America's Best Dance Crew		My Date	Video on Trial	Spotlight
	600	564	25 H&G	House	House	Holmes on Homes (CC)		Realtor	Intervention	Property	Unsellable	House
	615	520	31 A&E	Bounty Hunter	Bounty Hunter	Manhunters	Manhunters	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter	Bounty Hunter
	628	584	32 SPKE	The Ultimate Fighter (N)		The Ultimate Fighter		DEA		CSI: Crime Scene Invstgtn.		Trek: Voyager
	521	560	34 TLC	Toddlers & Tiaras (N) (CC)		King-Crown	King-Crown	I Didn't Know	I Didn't Know	Toddlers & Tiaras (CC)		King-Crown
	616	522	39 SHO	The Outer Limits (CC)		The Guard "Fight or Flight"		Foundatn	Paradise Falls	Bones (CC)		NCIS (CC)
	620	523	40 BVO	Prokofiev-Unfinished Diary		Law & Order "Lucky Stiff"		Without a Trace "Devotion"		Prokofiev-Unfinished Diary		Entourage
	601	562	41 SLC	In Laws	In Laws	ET Canada	What	Biggest Loser Australia (CC)		Beauty and the Geek (CC)		Trading Sp
	520	505	42 DIS	Mayday "Gimli Glider" (CC)		Daily Planet (CC)		Mayday "Gimli Glider" (CC)		Pitchmen "Spinning Green"		Mega Builders
	522	506	44 HIS	Expedition Africa (N) (CC)		Life After People (CC)		Ice Road Truckers (CC)		Expedition Africa (CC)		Outlaw Bikers
	627	528	45 SPC	Supernatural "Fallen Idols"		InnerSpace	Stargate SG-1	"Hathor" (CC)		Star Trek: Next Gener.	Star Trek: Voyager (CC)	
	294	650	47 TBS	MLB Baseball: ALDS Game 5			MLB Post	Seinfeld	Sex and-City	Eurotrip ★★ (2004) Scott Mechlowicz. (CC)		
	619	525	48 TROP	King	King	The Outer Limits "Tribunal"		ET Canada	What	Family Guy	King	King
	603	561	52 FN	Chopped (N) (CC)		Chef School	Chef School	Unwrapped	Unwrapped	Chopped (CC)		Diner, Drive-In
	-	-	53 AMC	Lethal 3	Missing in Action 2: The Beginning ★★ (1985) Chuck Norris.			Kiss Kiss, Bang Bang ★★★ (2005) Robert Downey Jr. (CC)				
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Yuk Yuk's Laugh-Off		Daily Show
	320	621	60 CEN	Confessions of a Go-Go Girl		Normal ★★ (2007) Carrie-Anne Moss. (CC)		(:45) Gone Baby Gone ★★★ (2007) Casey Affleck. (CC)				
	581	566	101 MTV	The City (N)	After	MTV Live	MTV News	Gone Too Far (CC)		The City	After	MTV Live
	261	394	102 V	Unscripted (N)	Driven-Vision	Poltergeist: The Legacy		The Ghost and Mrs. Muir ★★★ (1947) Gene Tierney. (CC)				Paid Program
	-	-	106 MUL	Sewing Maid	Boys Over Flo	Van. Nights	Iranian Pop	Sabor Latino		Sabor Musical	Temas	Patrol World

critics'corner

Mercy

Veronica (Taylor Schilling) must decide if her affair with Dr. Sands (James Tupper) is really over when Mike (Diego Klattenhoff) pressures her to start a family. Sonia (Jaime Lee Kirchner) winds up acting as a marriage counselor for two feuding patients. Chloe (Michelle Trachtenberg) considers taking her crush on Dr. Sands to the next level. James LeGros and Guillermo Diaz also star in the new episode "Pulling the Goalie." 8 PM on CITY

The Middle

It's difficult to find time for romance when you have kids. And Frankie and Mike (Patricia Heaton, Neil Flynn) are having an especially hard time of it on their anniversary. Brick (Atticus Shaffer) is ill, Sue (Eden Sher) is having her own love issues, and Axl (Charlie McDermott) is itching to drive. And we haven't even mentioned the two crazy aunts and the incontinent dog. Brian Doyle-Murray guest stars in the new episode "The Floating Anniversary." 8:30 PM on ABC

In brief

MUSIC Janet Jackson is topping her latest greatest-hits collection with a new single. The greatest-hits collection, called Number Ones, includes 33 classic Jackson hits and her newest song, Make Me. The two-disc album will be released Nov. 17. Number Ones spans the pop star's career, from her 1986 debut, Control, to last year's Discipline. Jackson's last greatest hits album was released in 1995.

PEOPLE Boyzone star Stephen Gately, whose body was found in a house on the Spanish resort island of Mallorca, died of natural causes, according to autopsy results released Tuesday. A post-mortem showed Gately, an Irishman, died as a result of a pulmonary edema, or fluid in the lungs, the Balearic Islands Superior Justice Tribunal said in a statement. **THE ASSOCIATED PRESS**

Kenya's**Style**

Kenya Hunt

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Banjo play no joke

Steve Martin hits the road with album of original work

KEITH CARMAN
for Metro Canada

While best known for his work on the silver screen over the past three-plus decades, Steve Martin is finally embracing a tiny aspect of his storied history and bringing it to the forefront.

"When I started doing comedy, I just put in everything I knew," notes Martin about his early career.

Some might recall that in his salad days, the comedian would pull out a five-string banjo, serenading audiences with a song or two. And while it seemed like kitsch at the time, it became a definitive trademark that never blossomed past the odd ditty.

Until now, that is. Finally embracing his ability to its fullest, the 64-year-old has come out of the musical closet; released his debut bluegrass record dubbed The Crow: New Songs For The Five-String Banjo. Spirited, original and prodigious, the album is compelling, spurring Martin to hire on award-winning outfit The Steep Canyon Rangers for a North American tour.

"(Back then) I did magic tricks, I juggled and I played a few songs on the banjo," Martin reflects, in awe of how his oddball hobby has become a major endeavour.

"Basically the act never changed. It just got bigger. Before shows I didn't need to rehearse my routines so I practised banjo. It was important to the show because the comedy act looks so ad-libbed that I felt I needed something to show that I could actually do (something) hard."

Still, the creation of The Crow: New Songs For The Five String Banjo isn't exactly a flash-in-the-pan concept for Martin. Whittling away at crafting his own tunes over the years, it wasn't until the offer to appear on an album with genre stalwart Earl Scruggs in 2001 that the bug bit.

"I'd been playing these songs my whole life and in the last five years I wrote another ten songs. I was kind of merging into the banjo world again."

At that though, Martin is wary of naysayers claiming he's jumping on the actor/musician bandwagon.

"What they really want to be is a rock star rather than a rock musician," he shrugs. "I really just want to play my songs."

Actors as musicians

- **Scarlett Johansson** (solo)
- **Zooey Deschanel** (She & Him)
- **Jack Black** (Tenacious D)
- **Jared Leto** (30 Seconds from Mars)
- **Jada Pinkett-Smith** (Wicked Wisdom)
- **Keanu Reeves** (Dogstar)
- **Lindsay Lohan** (solo)
- **Bruce Willis** (solo)
- **Woody Allen** (solo)

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Olsens add shades to label

Mary-Kate and Ashley Olsen have made oversize shades a signature part of their style, so they have chosen to add vintage-inspired shades to their luxury label The Row. The glasses will be out this spring, people.com reports. METRO NEWS SERVICES

Celebrity Buzz

Spice Girls comeback

TELL ME WHAT YOU WANT? Mel B says the Spice Girls are planning an "exciting" reunion, femalefirs.co.uk reports.

The 34-year-old singer has revealed the girl group — also consisting of Emma Bunton, Victoria Beckham, Mel C and Geri Halliwell — are ecstatic to be working on the comeback project.

She told Bang Showbiz: "We are definitely going to be doing something together again soon. We're actually working on it right now. I don't want to say too much because I don't want to spoil the surprise, but it's really, really exciting. I can't wait to be singing with the girls again."

Last month, it was reported Mel B — also known as Scary Spice — wanted to get the band back together for a one-off performance in South Africa next summer, at the same time as soccer's World Cup. METRO NEWS SERVICES

University interns warned

LETTERMAN WATCH David Letterman's days of frolicking with interns are over — at least as far as one Connecticut university is concerned, people.com reports.

Quinnipiac University says it will tell staff in charge of placing interns to be extra careful when sending students to the studio to work for Letterman, 62, who is currently at the centre of a blackmail scandal over his alleged affair with one of his former interns.

"Due to recent circumstances we will have a discussion with those in charge of placing our interns at the David Letterman show in the future," the Hamden, Conn., school tells TMZ. in METRO NEWS SERVICE

The not so famous Port

WHO'S THAT GIRL Whitney Port apparently isn't quite famous enough to go just anywhere. The MTV reality star was reportedly stuck outside L.A. nightclub Winston's for half an hour when the doorman didn't recognize her, according to Page Six.

"The doorman clearly hadn't seen The Hills or The City and was not impressed by her," a source says. "Port seemed more embarrassed every time another group of girls were let in before her." METRO WORLD NEWS

Swift on the BF hunt

LOOKING FOR LOVE Taylor Swift is looking for a boyfriend.

The 19-year-old singer — who previously romanced Jonas Brothers star Joe Jonas — says music has always come first but she is ready to start dating again, femalefirst.co.uk reports.

"I have always been really busy, so finding a date was never easy," she said. "I'm better on my own, moving around and doing career things. But if someone comes along who is right for me I will definitely go for it."

Although Taylor is ready to find Mr. Right, the singer's previous relationships have not gone well. She said: "I would probably run in the opposite direction if I saw someone I had a crush on ... and then write a song about it! "Shows why I haven't had successful relationships." METRO NEWS SERVICES

Jon ordered to repay Kate

JON AND KATE + COURT DATE Consider Jon Gosselin the kid who got caught with his hand in the cookie jar, people.com reports.

The reality-show dad, 32, was ordered by a Pennsylvania judge to return $180,000 US to a joint bank account he shares with estranged wife Kate Gosselin, 34, a source close to Kate confirms.

It's part of $232,000 that Kate claimed Jon took from the account against their divorce arbitrator's explicit orders.

"The remaining sum of $55,000, which Ms. Gosselin used for household bills and expenses relating to the children, will be subject to further determination by the arbitrator at a later date," Kate's lawyer, Mark Momjian says in a statement out yesterday.

"As difficult as this has been for me, I am pleased that the court has ruled fairly on behalf of myself and my children. Now that this matter has been ruled on, I look forward to returning to private arbitration, as we have agreed to do, to resolve any remaining issues," Kate Gosselin adds. If Jon doesn't pony up the cash by Monday, Oct. 26, the judge will haul him back to face potential contempt charges. Kate, for her part, by the same date has to detail what expenses she's been spending money on. METRO NEWS SERVICES

Celebrity tweets

Tori Spelling is taking Star magazine to task, Jason Mraz has some car trouble, Imogen Heap is not having an easy time travelling around New York City, and Russell Brand as some plans for the French.

• @torianddean
Star Mag...LIES! Literally not 1 factual thing in entire article. And, come 2 my house&weigh me Star! I'm 107lbs. if you care about FACTS?!?

• @jason_mraz
Almost made it home.....our tour bus just broke down 5 miles from the house, luckily we have friends coming to stay that r picking us u ...

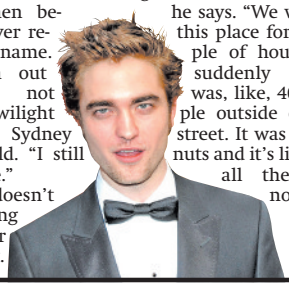
• @imogenheap
I just shouted at a ticket machine. Such a tool sometimes. Where is this 6 train? Can't concentrate. Flooded heavy heart.

• @rustyrockets
I'm in "Gay Paris"— I swear as an Englishman that by the time I leave tomorrow it'll be known as "Hetero Paris". Or at least "Bi Paris". METRO NEWS SERVICES

Pattinson's female troubles

WHAT'S HIS NAME? Robert Pattinson has trouble meeting women because they never remember his name. "Girls scream out for Edward, not Robert," the Twilight star tells the Sydney Morning Herald. "I still can't get a date."

But that doesn't mean he's being left alone. Far from it, in fact. "Like yesterday, I was having lunch down the road," he says. "We were in this place for a couple of hours and suddenly there was, like, 400 people outside on the street. It was just so nuts and it's like that all the time now." METRO WORLD NEWS



Lachey back with Minnillo

PATCHED UP Nick Lachey is back together with girlfriend Vanessa Minnillo after splitting in June. "I was single for a minute there, and then we've kind of patched things up there," Lachey confirmed while visiting Good Day Philadelphia.

But the reunion could be short-lived if Lachey doesn't get around to popping the question, according to Star magazine.

"She never stopped loving him when they were apart," a source says. "But she doesn't want to waste time if he has no interest in marrying her." METRO WORLD NEWS

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Vancouver Main St. & 16th Avenue 604-708-9366
Surrey Central City Mall 604-951-3338

The Weather Network ©The Weather Network 2009
Today Rain 90% 14°/ 11°
Thursday Rain 70% 13°/ 11°
Friday Rain 60% 16°/ 12°
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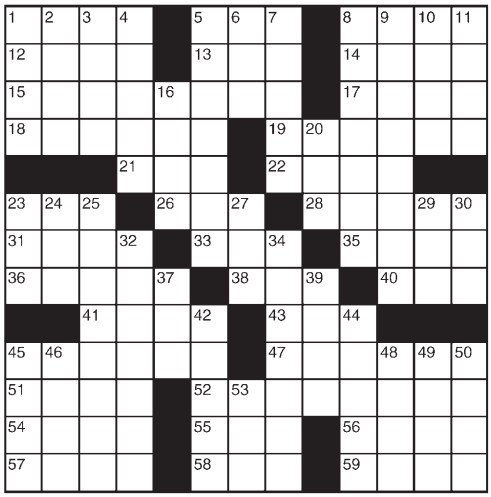
For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 Long story
5 Wander about
8 Unembellished
12 Winged
13 Bruins legend
14 Skater's leap
15 "Melancholy Baby" start
17 Wound cover
18 Wailed like a banshee
19 Safe and sound
21 Moreover
22 Sailor's septet
23 Pussycat's partner
26 Bill
28 Treat for Tabby
31 Coral structure
33 Addressee
35 BBs and such
36 Part of a Santa costume
38 PC program, for short
40 Eternity
41 Tidy
43 Jewel
45 "Friends" role
47 Shriveled grape
51 Settle down
52 "Dunno"
54 Ticklish Muppet
55 Young fellow
56 Tears
57 Consider
58 Exist
59 Brewer's oven

DOWN

1 Bag
2 Burn aid
3 Ready for action
4 Sports venue
5 Paul Harvey signoff
6 Branch
7 Frock
8 Lash enhancement
9 "Oops"
10 Bring up
11 North Sea feeder
16 Mobile home?
20 Common Mkt.
23 Sphere
24 Teensy
25 Bill Withers' biggest hit
27 Slithery squeezer
29 Latin 101 word
30 Calendar abbr.
32 License
34 Better model
37 Apply lightly
39 Bartlett or Bosc
42 Electrical coil inventor
44 Itty-bitty
45 Begged
46 "Gilligan's Island" cast member
48 Actor LaBeouf
49 Mischievous tykes
50 Egg container
53 Corn spike

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9	4				7	1		
2			6	8				3
					9	6		
		1		2				4
	2						7	
8				5		2		
		4	5					
7				6	1			9
		8	3				1	6

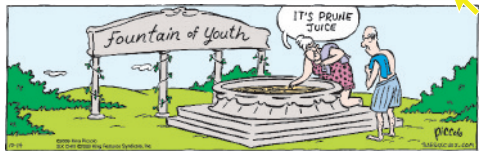
PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

S	T	O	P		S	H	Y		C	A	S	K
C	O	D	A		L	Y	E		A	L	O	E
A	N	D	Y	C	A	P	P		N	U	D	E
M	I	S		O	N	E		A	D	M	A	N
			S	A	G		W	R	Y			
E	C	L	A	T		D	E	F	L	A	T	E
G	O	O	N		R	E	D		A	R	I	A
G	O	O	D	M	A	N		E	N	T	E	R
			Y	A	M		A	N	D			
R	I	G	H	T		S	R	I		A	B	E
O	L	E	O		H	A	N	D	Y	M	A	N
D	I	N	O		A	L	I		A	M	I	D
S	E	E	K		T	E	E		P	O	T	S

8	2	1	4	5	6	9	3	7
7	3	6	2	1	9	4	5	8
5	9	4	8	7	3	6	1	2
6	1	3	5	8	2	7	4	9
2	5	9	3	4	7	1	8	6
4	8	7	9	6	1	3	2	5
3	6	5	7	2	4	8	9	1
1	4	8	6	9	5	2	7	3
9	7	2	1	3	8	5	6	4

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day

Lamb with Raspberry Sauce

INGREDIENTS:

2 cups (500 ml) fresh or frozen unsweetened raspberries
3/4 cup 175 ml) finely chopped seeded peeled cucumber
1/2 cup (125 ml) finely chopped peeled tart apple
2 tbsp (25 ml) white grape juice
1 tbsp (15 ml) sugar
4 garlic cloves, minced
3 tbsp (45 ml) olive oil
8 lamb loin chops

METHOD:

1. Place raspberries in blender or food processor; cover and process until puréed. Strain and discard seeds; transfer purée to small pot.

2. Stir in cucumber, apple, grape juice and sugar. Bring to boil. Reduce heat; simmer, uncovered, 5-7 minutes or until cucumber and apple are tender.

3. Meanwhile, in large skillet, sauté garlic in oil until tender. Add lamb chops. Cook, uncovered, 7-10 minutes per side or until meat reaches desired doneness (for medium-rare, meat thermometer should read 145 F/63 C; medium, 160 F/71 C; well-done, 170 F/77 C). Serve with raspberry sauce.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
This is one of the luckiest times of the year for you and it will be doubly lucky if you give up some of your independence and let others do things for you.

TAURUS ♉
APRIL 21-MAY 21
You of all people should know that quality is more important than quantity, and if you keep that fact in mind today you won't go far wrong.

GEMINI ♊
MAY 22-JUNE 21
Too often in the past your expectations have been too low, but now you will go right the other way and aim higher than you have ever aimed before.

CANCER ♋
JUNE 22-JULY 22
Venus, planet of harmony, moves to focus on domestic issues today, and if you are wise you will use it to smooth over a long-running dispute.

LEO ♌
JULY 23-AUG 23
Don't spend all your time on everyday chores because cosmic activity in the most outgoing area of your chart means the potential for love is high.

VIRGO ♍
AUG 24-SEPT 22
This will be a hugely productive day and, if you plan ahead and think before you act you will impress some very important people.

LIBRA ♎
SEPT 23-OCT 23
There is nothing you cannot do and no one you cannot impress. With Venus, your ruler, joining the Sun in your sign today doors will open.

SCORPIO ♏
OCT 24-NOV 22
If someone is in trouble you will ride to their rescue. However, while you can be generous with your time you must be careful with your money.

SAGITTARIUS ♐
NOV 23-DEC 21
The cosmic picture is fortunate in the extreme but unless you put yourself about and shake a few hands there is only so much it can do for you.

CAPRICORN ♑
DEC 22-JAN 20
You are determined to prove yourself and show the world what you can do. Today you have luck on your side. It will take you far.

AQUARIUS ♒
JAN 21-FEB 18
Cosmic activity in your fellow Air sign of Libra makes this one of the best days of the year for getting things done and enjoying life generally.

PISCES ♓
FEB 19-MARCH 20
Joint financial matters will go well today, so well in fact that you are likely to get a bit suspicious and think it's some kind of trick.

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